

# 909576 - Honey Nut Cheerios Gluten Free Cereal Bowlpak (96 ct)...

A sweetened twist on the classic cereal, Honey Nut Cheerios is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.



## MARKETING

Classic and long time favorite, Honey Nut Cheerios are gluten free and made with whole grain.. 96 - 1 oz single serve branded bowls per case. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack.. Gluten free and gelatin free. Kosher. Contains no artificial flavors and no colors from artificial sources.

## Nutrition Facts

|                                 |               |
|---------------------------------|---------------|
| 96 Servings per container       |               |
| <b>Serving Size</b>             | <b>1 bowl</b> |
| <b>Amount Per Serving</b>       |               |
| <b>Calories</b>                 | <b>110</b>    |
| <b>% Daily Value*</b>           |               |
| <b>Total Fat</b> 1.5            | <b>2%</b>     |
| Saturated Fat 0 g               | <b>0%</b>     |
| Trans Fat 0 g                   |               |
| <b>Cholesterol</b> 0 mg         | <b>0%</b>     |
| <b>Sodium</b> 160 mg            | <b>7%</b>     |
| <b>Total Carbohydrates</b> 23 g | <b>8%</b>     |
| Dietary Fiber 2 g               | <b>8%</b>     |
| Total Sugars 9 g                |               |
| Includes 9 g Added Sugars       | <b>18%</b>    |
| <b>Protein</b> 2 g              |               |
| Vitamin D 3 mcg                 | 15%           |
| Calcium 90 mg                   | 6%            |
| Iron 2.7 mg                     | 15%           |
| Potassium 110 mg                | 2%            |

\* The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## PRODUCT SPECIFICATIONS

| Code     | Dist Prod Code | GTIN           | Calculated Pack |
|----------|----------------|----------------|-----------------|
| 11918000 | 909576         | 10016000119182 | 96/1 OZ         |

| Brand    | Brand Owner              | GPC Description                                |
|----------|--------------------------|--|
| Cheerios | GENERAL MILLS SALES INC. | Cereals Products - Ready to Eat (Shelf Stable) |

| Gross Weight | Net Weight | Case/Catch Weight | Country Of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|-------------------|--------|-----------------|
| 9.200 LBR    | 6.00 LBR   | No                | United States     | Yes    | No              |

| Shipping   |            |            |             |       |            |                      |
|------------|------------|------------|-------------|-------|------------|----------------------|
| Length     | Width      | Height     | Volume      | TlxHI | Shelf Life | Storage Temp From/To |
| 16.750 INH | 13.000 INH | 14.120 INH | 1.77900 FTQ | 9x7   | 312 Days   | 32 FAH / 95 FAH      |

## HANDLING SUGGESTIONS

Keep in a cool, dry place

## SERVING SUGGESTIONS

One Bowlpak

## PREPARATION & COOKING SUGGESTIONS

Ready to eat

## INGREDIENTS

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor, Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

## ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; 30 = 'Free From Not Tested'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - 30
- Eggs - 30
- Soybean - 30
- Wheat - 30
- Sesame - 30
- Pine Nuts - 30
- Cashews - 30
- Macadamia Nuts - 30
- Coconuts - 30
- Brazil Nuts - 30
- Peanuts - 30
- Tree - C
- Fish - 30
- Shellfish - NI
- Crustaceans - 30
- Almonds - C
- Hazelnuts - 30
- Chestnuts - 30
- Pecan Nuts - 30
- Pistachios - 30

## MORE INFORMATION



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## NUTRITIONAL ANALYSIS



|                     |      |
|---------------------|------|
| Calories            | 110  |
| Protein             | 2 g  |
| Total Carbohydrates | 23 g |
| Sugars              | 9 g  |
| Dietary Fiber       | 2 g  |
| Lactose             |      |
| Sucrose             |      |
| Vitamin A (IU)      |      |
| Vitamin A (RE)      |      |
| Vitamin C           |      |
| Magnesium           |      |
| Monosodium          |      |

|                     |       |
|---------------------|-------|
| Total Fat           | 1.5   |
| Trans Fat           | 0 g   |
| Saturated Fat       | 0 g   |
| Added Sugars        | 9 g   |
| Polyunsaturated Fat |       |
| Monounsaturated Fat |       |
| Cholesterol         | 0 mg  |
| Vitamin D           | 3 mcg |
| Vitamin E           |       |
| Folate              |       |
| Vitamin B-6         |       |
| Sulphites           |       |

|              |        |
|--------------|--------|
| Sodium       | 160 mg |
| Calcium      | 90 mg  |
| Iron         | 2.7 mg |
| Potassium    | 110 mg |
| Zinc         |        |
| Phosphorus   |        |
| Thiamin      |        |
| Niacin       |        |
| Riboflavin   |        |
| Vitamin B-12 |        |
| Nitrates     |        |

## NUTRITIONAL CLAIMS



|                       |                     |                    |                |                          |                     |
|-----------------------|---------------------|--------------------|----------------|--------------------------|---------------------|
| FAT                   | LOW                 | ARTIFICIAL_FLAVOUR | FREE_FROM      | CALCIUM                  | GOOD_SOURCE_OF      |
| CHOLESTEROL           | LOW                 | VITAMIN_D          | GOOD_SOURCE_OF | ENERGY                   | SOURCE_OF           |
| ARTIFICIAL_SWEETENERS | FREE_FROM           | CHOLESTEROL        | FREE_FROM      | IRON                     | GOOD_SOURCE_OF      |
| MSG                   | FREE_FROM           | FIBRE              | GOOD_SOURCE_OF | IRON                     | EXCELLENT_SOURCE_OF |
| GLUTEN                | FREE_FROM           | SATURATED_FAT      | LOW            | HIGH_FRUCTOSE_CORN_SYRUP | FREE_FROM           |
| VITAMIN_D             | EXCELLENT_SOURCE_OF | WHOLE_GRAIN        | CONTAINS       | TRANS_FAT                | FREE_FROM           |
| WHOLE_GRAIN           | EXCELLENT_SOURCE_OF | VEGETARIAN         | YES            | KOSHER                   | YES                 |
| FREE_FROM_GLUTEN      | YES                 |                    |                |                          |                     |

## MORE IMAGES

